

This listing of claims will replace all prior versions, and listing of claims in the application:

**Listing of claims:**

Claim 1 (currently amended) An orally administrable composition ~~for improving skin quality and prevent or restore age related alterations of skin in humans or animals, which comprises as an active ingredient comprising~~ an effective amount of ~~at least one of~~ a molecule that stimulates energy metabolism of the cell or an antioxidant ~~or combinatory admixtures thereof so as to improve skin quality and prevent age-related alterations in the skin of an animal or human,~~ in an orally acceptable carrier.

Claim 2 (currently amended) A composition according to claim 1, wherein said molecule is selected from the group consisting of L-carnitine, creatine, fatty acids (monounsaturated and polyunsaturated, particularly omega-3 fatty acids), cardiolipin, nicotinamide ~~or and~~ carbohydrate and natural sources thereof.

Claim 3 (currently amended) A composition according to claim 1 ~~or 2, in which~~ wherein the antioxidant is a source of a component selected from the group consisting of thiols such as lipoic acid, cysteine, cystine, methionine, S-adenosyl-methionine, taurine, glutathione or natural sources thereof, ~~or a compound that upregulates~~ upregulates their biosynthesis in vivo, ~~or other antioxidants such as~~ vitamin C, vitamin E, carotenoids, ubiquinones, tea catechins, coffee extracts containing polyphenols and/or diterpenes, grape or grape seed extracts rich in proanthocyanidins, spice extracts, soy extracts and other sources of flavonoids with antioxidant activity ~~or and~~ compounds such as ursodeoxycholic acid, ursolic acid, ginseng and gingenosides and natural sources thereof.

Claim 4 (currently amended) A composition according to ~~any of claims~~ claim 1 to 3, ~~which is~~ wherein the composition is selected from the group consisting of a pharmaceutical composition, a nutritionally complete pet food ~~or and~~ a dietary supplement for animal consumption.

Claim 5 (currently amended) A composition according to ~~any of claims~~ claim 1 to 3, ~~which is~~ wherein the composition is selected from the group consisting of a pharmaceutical

composition, a nutritionally complete human food, or and a dietary supplement for human consumption.

Claim 6 (currently amended) A composition according to any of claims claim 1 to 5, which stimulates extracellular matrix production, in particular synthesis of glycosaminoglycans 5 that bind interstitial fluid and improve skin turgor.

Claim 7 (currently amended) A composition according to one of claims claim 1 to 6, which comprises comprising at least one of carnitine or and gingko extract or antioxydants or combinatory admixtures thereof.

Claim 8 (currently amended) A method for producing a composition for use in improving skin quality comprising the steps of using Use of a molecule that stimulates energy metabolism of the cell, an antioxidant or a combination thereof, for the preparation of an orally administrable composition intended to improve skin quality in humans or animals, in particular skin turgor.

Claim 9 (currently amended) A method for producing a composition for preventing or restoring skin age-related alternative comprising the steps of using Use of at least one of a molecule that stimulates energy metabolism of the cell or an antioxidant or a combination thereof, for the preparation of an orally administrable composition intended to prevent or restore skin age related alterations in humans or animals.

Claim 10 (currently amended) A method for improving to improve skin quality of humans or animals, comprising the steps of administering to the individual a therapeutically-effective amount of a composition according to one of claims 1 to 6 comprising an effective amount of at least one of a molecule that stimulates energy metabolism of the cell or an antioxidant or combinatory admixtures thereof so as to improve skin quality and prevent age-related alterations in the skin of an animal or human, in an orally acceptable carrier.

Claim 11 (currently amended) A method for preventing or restoring to prevent or restore skin age-related alterations in humans or animals, comprising the steps of administering

to the individual a therapeutically-effective amount of a composition according to one of claims 1 to 6 comprising an effective amount of at least one of a molecule that stimulates energy metabolism of the cell or an antioxidant or combinatory admixtures thereof so as to improve skin quality and prevent age-related alterations in the skin of an animal or human, in an orally acceptable carrier.

5 Claim 12 (new) A composition according to claim 1, wherein said molecule comprises omega-3 fatty acids.

Claim 13 (new) A composition according to claim 1, which stimulates synthesis of glycosaminoglycans.